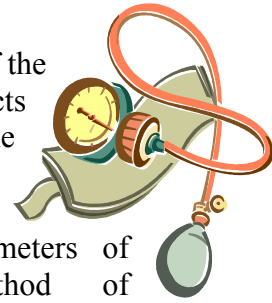


The Facts About High Blood Pressure

Blood pressure is the force of the blood pushing against the walls of the arteries. Your blood pressure is highest when the heart contracts (while pumping blood). This is called systolic pressure. When the heart is at rest (between beats), your blood pressure is lower. This is called diastolic pressure. Blood pressure is always given in these



Blood Pressure Classification			
BP Classification	SBP	DBP	Lifestyle Modification
Normal	<120	and <80	Encouraged
Prehypertensive	120-139	or 80-90	Yes
Stage 1 hypertension	140-159	or 90-99	Yes
Stage 2 hypertension	>160	or ≥ 100	Yes

two numbers using millimeters of mercury as the method of measurement. Systolic and diastolic pressures are equally important. The systolic measurement is the number on top, and the diastolic measurement is the number on the bottom (e.g. 120/80 mmHg). Blood pressure changes during the day. It is the lowest when you sleep and rises when you get up. High blood pressure, also known as hypertension, is when your blood pressure rises and stays above

the recommended levels. High blood pressure causes the heart to work harder. This can increase your risks of having a stroke, heart attack, or kidney problems. You cannot tell if you have high blood pressure because there are no symptoms. The only way to find out if you have it is to get checked by your health care provider.

Lifestyle Approaches to Control High Blood Pressure

- ✓ Be physically active
- ✓ Follow the DASH diet (Dietary Approaches to Stop Hypertension)
- ✓ Maintain a healthy weight
- ✓ Choose foods low in sodium
- ✓ Limit alcohol consumption

Uncontrollable Risk Factors

- ✓ Family History- High blood pressure can run in the family.
- ✓ Increasing Age- As you get older, the chance of developing high blood pressure increases.
- ✓ Race-African Americans have a greater risk of developing high blood pressure.
- ✓ Diabetes- People with diabetes are at greater risk of developing high blood pressure.
- ✓ Gender-High blood pressure is usually more common in males until the age of 50.